

6. (Amended) The method of claim 1 wherein said sheet is flat prior to elastic defamation.

a1 7. (Amended) The method of claim 1 wherein said sheet is maintained at a spaced location relative to the shell prior to elastic defamation, and is subsequently moved towards said shell to cause initial elastic defamation of the sheet prior to applying said pressure differential.

---

a2 9. (Amended) A mouthguard formed by the method of claim 1.

---

Please add new claims 10- as follows:

---

10. (New) The method of claim 2 wherein said sheet is formed of natural of synthetic rubber, latex, silicone or elastic foil.

11. (New) The method of claim 3 wherein said sheet is formed of natural of synthetic rubber, latex, silicone or elastic foil.

a3 12. (New) The method of claim 2 wherein said sheet is of a domed configuration prior to defamation.

13. (New) The method of claim 3 wherein said sheet is of a domed configuration prior to defamation.

14. (New) The method of claim 4 wherein said sheet is of a domed configuration prior to defamation.

15. (New) The method of claim 2 wherein said sheet is flat prior to elastic defamation.

16. (New) The method of claim 3 wherein said sheet is flat prior to elastic defamation.

17. (New) The method of claim 4 wherein said sheet is flat prior to elastic defamation.

---